



SARA ARMSTRONG

SENIOR VICE PRESIDENT, WELLNESS

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Sara joined the Kapnick Insurance team in 2017 and has been in the wellness industry for over 15 years.

Sara came from the largest healthcare organization in Illinois. She has diverse experience in the health promotion industry including wellness program design and implementation, communication and education, health and wellness promotion, health coaching, account management, business development, and staff development.

In her position as Senior Vice President of Wellness, Sara works with clients to help them develop a health management program that will enable them to control rising health care costs while building a healthier, more productive work force. She assists clients with individual program development and coordinates additional services including worksite health screenings, customized wellness portals, educational classes, and health fairs.

Sara helps clients elicit their best thinking to help reach the outcomes that are most important to them. It is Sara's passion to help people be the healthiest version of themselves that they can be. She truly believes that it is important to invest in your health because we honestly can't afford not to. Health is Wealth!

Sara has a Bachelors of Science degree in Kinesiology, an MBA in Healthcare, and is also a certified intrinsic coach.

Sara lives with her husband, Kip, along with their two daughters. Sara's hobbies include fitness, skiing (water and snow), and watching Bravo. Additionally, Sara is on the WIU Exercise Science Advisory Board.

